What Is Claimed Is:

Claim 1. A method of attenuating the transmission or infection of an immunodeficiency virus into a cell comprising providing to said cell an inhibitor of p21, wherein said inhibitor is provided in an amount and duration sufficient to cause an attenuation of at least about 50% in said transmission or infection of said virus relative to an untreated cell.

Claim 2. The method of claim 1, wherein said immunodeficiency virus is human immunodeficiency virus (HIV), and said cell is a human cell.

Claim 3. The method of claim 1, wherein said inhibitor of p21 is a polynucleotide.

Claim 4. The method of claim 2, wherein said polynucleotide is complementary to a portion of a p21 gene or p21 cDNA molecule.

Claim 5. The method of claim 3, wherein said p21 gene or p21 cDNA is of a human p21 gene or p21 cDNA molecule.

Claim 6. The method of claim 5, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:4**.

Claim 7. The method of claim 6, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:8** or **SEQ ID NO.:10**.

Claim 8. The method of claim 3, wherein said p21 gene or p21 cDNA is of a non-human animal or is a variant of a non-human p21 gene or p21 cDNA molecule.

Claim 9. The method of claim 8, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:6**.

Claim 10. The method of claim 9, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:7** or **SEQ ID NO.:9**.

Claim 11. The method of claim 1, wherein said inhibitor of p21 is a protein or organic molecule other than a polynucleotide.

Claim 12. The method of claim 11, wherein said inhibitor is 2-cyano-3,12-dioxooleana-1,9-dien-28-oic acid (CDDO), or a salt or derivative thereof.

Claim 13. A method of treating AIDS in an individual, comprising providing to HIV-1 infected cells of said individual, or to HIV-1 susceptiple cells of such individual, an amount of a p21 inhibitor sufficient to attenuate the propagation of HIV, wherein said inhibitor is provided in an amount and duration sufficient to cause an attenuation of at least 50% in said propagation of HIV relative to untreated cells.

Claim 14. The method of claim 10, wherein said inhibitor of p21 is a polynucleotide.

Claim 15. The method of claim 11, wherein said polynucleotide is complementary to a portion of a p21 gene or p21 cDNA molecule.

Claim 16. The method of claim 11, wherein said p21 gene or p21 cDNA is of a human p21 gene or p21 cDNA molecule.

Claim 17. The method of claim 16, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:4**.

Claim 18. The method of claim 17, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:8** or **SEQ ID NO.:10**.

Claim 19. The method of claim 11, wherein said p21 gene or p21 cDNA is of a non-human animal or is a variant of a non-human p21 gene or p21 cDNA molecule.

Claim 20. The method of claim 19, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:6**.

Claim 21. The method of claim 20, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:7** or **SEQ ID NO.:9**.

Claim 22. The method of claim 13, wherein said inhibitor of p21 is a protein or organic molecule other than a polynucleotide.

Claim 23. The method of claim 22, wherein said inhibitor is 2-cyano-3,12-dioxooleana-1,9-dien-28-oic acid (CDDO), or a salt or derivative thereof.

Claim 24. A pharmaceutical composition comprising an inhibitor of p21 and an excipient or carrier, wherein said inhibitor is present in an amount sufficient to attenuate the propagation of HIV, wherein said inhibitor is present in said composition in an amount sufficient to cause an attenuation of at least 50% in said propagation of HIV relative to untreated cells.

Claim 25. The composition of claim 24, wherein said inhibitor of p21 is a polynucleotide.

Claim 26. The composition of claim 25, wherein said polynucleotide is complementary to a portion of a p21 gene or p21 cDNA molecule.

Claim 27. The composition of claim 25, wherein said p21 gene or p21 cDNA is of a human p21 gene or p21 cDNA molecule.

Claim 28. The composition of claim 27, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:4.**

Claim 29. The composition of claim 28, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:8** or **SEQ ID NO.:10.**

Claim 30. The composition of claim 25, wherein said p21 gene or p21 cDNA is of a non-human animal or is a variant of a non-human p21 gene or p21 cDNA molecule.

Claim 31. The composition of claim 30, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:6.**

Claim 32. The composition of claim 31, wherein said polynucleotide comprises at least 10 contiguous nucleotides of **SEQ ID NO.:7** or **SEQ ID NO.:9.**

Claim 33. The composition of claim 24, wherein said inhibitor of p21 is a protein or organic molecule other than a polynucleotide.

Claim 34. The composition of claim 33, wherein said inhibitor is 2-cyano-3,12-dioxooleana-1,9-dien-28-oic acid (CDDO), or a salt or derivative thereof.